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HUNYADI JÁNOS

APERIENT

# NATURAL MINERAL WATER,

*From the Hunyadi János Bitter Salzquelle, Buda-Pest.*

AN ACCOUNT OF ITS CHEMICAL COMPOSITION,  
PHYSIOLOGICAL AND THERAPEUTIC PROPERTIES,

BY

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TRANSLATED FROM THE SECOND EDITION, AND ABRIDGED AND ANNOTATED.

With Opinions of Drs. J. MARION SIMS, FORDYCE BARKER, LEWIS SAYRE, JAMES R. WOOD, WM. A. HAMMOND, ALFRED L. LOOMIS, Professors LIEBIG, VIRCHOW, BAMBERGER, FRIEDREICH, LUHL, SCANZONI, NUSSBAUM, &c.; and of Professor AITKEN, F.R.S., DR. T. LAUDER BRUNTON, F.R.S., Professor RAWDON MACNAMARA, Inspector-General MACPIERSON, M.D., Dr. ROBERTS, Dr. SILVER, Dr. HERMANN WEBER, Dr. BURNEY YEO, &c. (England).

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# HUNYADI JÁNOS

APERIENT

## NATURAL MINERAL WATER.



AN ACCOUNT

OF THE

CHEMICAL COMPOSITION AND CURATIVE PROPERTIES

OF

## THE WATERS OF THE HUNYADI JÁNOS SPRING, BUDA-PEST.

WITH OPINIONS OF EMINENT AMERICAN, GERMAN,  
AND ENGLISH MEDICAL AUTHORITIES.

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This Water may be ordered of all Chemists, Grocers, and  
Mineral Water Dealers.

THE APOLLINARIS CO., LIMITED,

19 REGENT STREET, LONDON, ENGLAND.

# HUNYADI JÁNOS MINERAL WATERS.



## CHEMICAL COMPOSITION.

AN analysis by Professor Bunsen, of Heidelberg, gives the following quantities in 10,000 parts of the water :—

SULPHATE OF MAGNESIA . . .	225·514
SULPHATE OF SODA . . .	223·500
Bicarbonate of Soda . . .	6·760
Bicarbonate of Strontium . . .	0·270
Bicarbonate of Oxide of Iron . . .	0·006
Bicarbonate of Lime . . .	7·967
Sulphate of Potash . . .	1·206
Chloride of Sodium . . .	17·048
Silicious Earth . . .	0·106
Free and semi-combined Carbonic Acid	5·226

Among the constituents of the Hunyadi János water, it is the sulphate of soda and sulphate of magnesia that demand special attention, as it is on them principally that the therapeutic action of this water, as of other bitter waters, depends. It is not the mere fact of containing these salts, but its richness in them to an extent hitherto unknown in balneology, that has gained for the Hunyadi János water a reputation beyond all other bitter waters used for therapeutic purposes.

The superiority of the water over those of the best known and most used bitter waters, such as Püllna, Saidschütz, Seidlitz, Kissingen, and Friedrichshall, is also shown in the following comparative analysis by Dr. E. Schwarz, of Vienna. The quantities represent the proportions in a pound (7,680 grains) of the water :—

CHEMICAL INGREDIENTS.	VIENNA GRAINS.					
	Hunyadi	Friedrichshall	Kissingen	Seid-schutz	Pullna	Seidlitz
Sulphate of Magnesia -	137.98	39.55	39.50	84.16	93.08	104.00
Sulphate of Soda - -	128.97	46.51	46.59	46.80	123.80	—
Sulphate of Potash -	1.67	1.52	—	4.09	4.80	—
Chloride of Sodium -	11.54	61.10	61.10	—	—	—
Carbonate of Soda - -	13.20	—	—	—	—	—
Carbonate of Lime - -	6.04	0.11	—	—	0.77	8.00
Oxide of Iron and Argillaceous Earth - -	0.08	latent	—	1.19	—	—
Silicic Acid - - - -	0.09	“	—	0.03	0.17	—
Carbonate of Magnesia	—	3.99	—	4.98	6.40	3.00
Sulphate of Lime - -	—	10.34	—	10.07	2.60	8.00
Chloride of Magnesium	—	30.25	30.20	2.16	19.66	3.00
Nitrate of Magnesia -	—	—	—	25.17	—	—
Bromate of Magnesia -	—	0.87	latent	—	—	—
Chloride of Lithium -	—	—	0.09	—	—	—
Carbonic Acid, free and half combined - -	299.57	194.24	177.48	178.65	251.28	126.00
	8.02	5.32	5.09	latent	latent	—

This comparative analysis, which agrees in the main points with one made by Dr. Monlár, of Pesth, justifies the verdict of Baron von Liebig, that ‘the amount of Epsom salt and Glauber’s salt in the Hunyadi János water exceeds that of all other known bitter springs; and it is not to be doubted that its activity is in the same proportion.’ Ulex also, in publishing his analysis of the Hunyadi János water, remarked that ‘this mineral water contains more salts than the Friedrichshall bitter water, which Justus von Liebig has called a “treasure of nature.”’

The carbonate and chloride of sodium, as well as the free and semi-combined carbonic acid, no doubt have an important effect in increasing the action of the water. Regarding the small proportion of chloride of sodium, Dr. Schwarz remarks: ‘Besides its unsurpassed richness in its active constituents, the Hunyadi János water is more easily taken than other bitter waters, in consequence of the smaller proportion of common salt which it contains, as may at once be discovered by any palate which tastes it.’ This greater tolerance is also increased to no unimportant extent by the amount of free carbonic acid.



## THERAPEUTIC APPLICATION.

The use of the Hunyadi János water (which in the course of a few years has attained an extraordinary popularity, the amount exported having risen, according to the proprietor, Herr Saxlehner, from 40,785 bottles in 1863, to 1,300,000 bottles in 1874) is indicated for the following purposes :—

I. *As a mild aperient, not interfering with digestion, in habitual constipation and its resultant evils.*—The numerous symptoms of abdominal congestion which are frequently produced, or at least maintained, by constipation, and the after-effects on individual organs—such as the liver, spleen, stomach, intestines, &c.—are found by experience to be not unfrequently remarkably improved when the constipation is removed. For this purpose, and as a mild aperient, the Hunyadi János water is found very useful when taken in small doses for some time, and is to be recommended especially in the following conditions, among others :—

1. In habitual congestion—from whatever cause arising—of the brain, lungs, &c., especially in so-called full-blooded individuals.

2. As a means of preventing the excessive formation of uric acid in cases of gout, gravel, and stone, *for which purpose it is largely used* now by Sir Henry Thompson, the celebrated surgeon of University College Hospital, London.

3. In chronic diseases peculiar to females, Scanzoni, Marion Sims, and Fordyce Barker speak highly of the use of the Hunyadi János water ; as also in the numerous, sometimes troublesome, and highly important, conditions which affect many women at the ‘change of life.’

In the congestive conditions and constipation of pregnant women, and of those suffering from ovarian or uterine tumours.

To reduce the secretions of milk in women who cannot nurse, or in whom lactation must be suddenly arrested.

Against habitual costiveness in infants. It is found by experience that the active ingredients of the Hunyadi János bitter water, especially the sulphate of soda, pass into the nurse’s milk.

4. In collections of fat, either in the whole body, or in indi-

vidual parts or organs, as the liver. Dr. Seegen, who is the great authority on this subject, ascribes to Glauber's salt water quite a specific action in these anomalies of nutrition.

5. In piles and dilatation of the veins of the rectum following so-called abdominal plethora, congestive affections, &c. In these cases the causes as the results of the dilatation may be overcome by the promotion of regular soft evacuations.

6. In many diseases of the liver in which the object is to favour the secretion and excretion of bile, and to remove hyperæmia and inflammatory conditions of this organ, and the concomitant nervous disturbances, &c.

7. In the treatment of intermittent fever, especially when suppressed too soon. For this purpose, according to Dr. Amelung, small doses of Glauber's salt are very efficacious; and this view is supported by Professor von Schroff. The large sale of the Hunyadi bitter water in the fever districts shows its excellent action in the sequence of intermittent fever, especially gastric catarrh and enlargement of the spleen and liver.

8. In chronic diseases symptomatic of affections of the abdominal and thoracic organs; in serious effusions, which produce impediment of respiration and circulation, saline evacuants, as is well known, produce remarkable relief of suffering.

9. In the treatment in various mental diseases, especially those which set in with constipation, and in which resolvent or evacuant remedies are especially indicated. In his 'Textbook of Pharmacology,' Professor von Schroff says:—'I have convinced myself of the extensive utility of bitter waters in the treatment of mental diseases during my practice in the Asylum at Prague, where I introduced the use of the remedy in 1828.' Other physicians of lunatic asylums (such as Damerow, Erlenmeyer, Harnisch, von Solbrig, &c.) speak highly of the action of bitter waters in general, and of the Hunyadi János in particular, in the treatment of mental diseases.

10. In the disposition to meningeal and cerebral hemorrhages, and in the functional disturbances, especially paralysis remaining after apoplexy.

In all chronic diseases of the brain, spinal cord, and nerves which are accompanied by habitual constipation.

11. In all diseases of the eye, in which either a temporary discharge from the intestinal canal, or a longer-continued one, it may be brought into use with advantage.

12. In chronic diseased conditions of the organs of respiration and circulation, attended with disposition to hyperæmia and hemorrhage. Here the Hunyadi János water affords quite exceptional service against the irritability of the heart, which is observed in young persons of both sexes at the time of puberty, and which manifests itself by headache, epistaxis, troublesome palpitation, dry paroxysmal cough, feeling of distress, oppression at the epigastrium, constipation, &c.; also in cardiac hypertrophy, and in the conditions connected with disease of the valves (in which Dr. von Bamberger speaks specially of the beneficial action of bitter water); and in cases of acute and chronic bronchial catarrh, pleuritic exudation, &c.

13. In acute or chronic gastro-intestinal catarrh and gastric disturbance, whether arising from error in diet, or from the inordinate use of articles of food or drink, and produced and maintained by the habitual use of large quantities of beer, or by other causes.

14. As a preparation for, or sequel of, a course of treatment at Marienbad or Karlsbad. In such cases the use of Marienbad and Karlsbad salts is often rightly recommended; but, from their much higher price and their frequent adulteration, the Hunyadi János water is an excellent substitute.

In the above-named conditions the Hunyadi János water is given in medium and small doses (from a tablespoonful to a tablespoonful and a half, rarely a wineglassful), once or twice daily, or on alternate days, according to the disease and the individual. It is generally given at bedtime or in the morning before meals, more rarely in the course of the day; it should not be too cold, but should have a temperature of  $10^{\circ}$  to  $15^{\circ}$  Reaumur ( $48^{\circ}$  to  $50^{\circ}$  Fahr.) It is sometimes used for a fixed period (three, four, or five weeks), the diet being specially regulated, and the quantity of the water gradually increased from the beginning, and decreased towards the end; or



less systematically, during an undetermined period, and without any change of diet or mode of living.

There is probably no other bitter water which can be so pleasantly used in the conditions above mentioned at any time of the year, even in Winter, and which produces such favourable results, as the Hunyadi János water. The nature of each individual case must show whether the patient should undergo a regular or a less systematic course of treatment with the Hunyadi János bitter water. The use of the water may, as has been already stated, be continued for some time without the least injury.

15. In chronic skin-eruption, following pelvic congestion, especially on the face, lower limbs, &c.

16. As an aperient during the continued use of opium and morphia, especially during subcutaneous injections of the latter.

II. *As a laxative in all diseases which require the use of a mild so-called antiphlogistic evacuant, tolerably rapid and yet safe in its action;* as in threatened cerebral or pulmonary hemorrhage, in pulmonary œedema, in commencing inflammation of the meninges, in inflammations (except those of the bowels and kidneys), in gastric and intestinal catarrh, commencing with constipation, &c., especially in strong and full-blooded persons. In the above-named diseases—mostly acute—the Hunyadi János must be given in larger doses (a wineglass or tumblerful in the morning, before meals, and, if necessary, repeated once in the course of the day). In these doses, its administration produces several actions of the bowels, without being followed by congestion of the gastro-intestinal canal, or, as a rule, by colicky pains.

III. *As a remedy in cases of poisoning with soluble inorganic salts,* such as those of baryta, lead, &c. In these cases, Orfila, as is well known, recommended sulphates, and especially the sulphate of magnesia. The Hunyadi János bitter water acts here not only as an aperient, but also as a chemical agent; the sulphate of magnesia gives up its sulphuric acid to the metallic oxide present in the organism, forming with it an insoluble salt.

## OPINIONS.

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The following opinions, in addition to those already mentioned, have been expressed by eminent authorities as to the unique efficacy of the Hunyadi János mineral waters :—

*From the late* BARON VON LIEBIG, *Chairman of the Royal Bavarian Academy of Sciences.*

MUNICH, July 19, 1870.

The Hunyadi János water contains more aperient salts than any other known, and it cannot be doubted that its efficacy is in proportion thereto. (Signed) J. VON LIEBIG.

Professor Dr. VIRCHOW, *Director of the Pathological Institute, Berlin, says:—*

BERLIN, February 8, 1875.

I have tried the Hunyadi János bitter waters which you have sent me on a large number of persons, with invariably good and prompt success. I consider this water to be a most valuable item in our Balneological treasury of remedies, and with great pleasure bear testimony of this. R. VIRCHOW.

Professor Dr. VON BAMBERGER, *Director of the Medical Klinik in the University of Vienna, writes:—*

I herewith certify that I have prescribed the Hunyadi János waters with remarkable success in all those diseases for which bitter waters are used. Professor Dr. VON BAMBERGER.

Professor Dr. SCANZONI (VON LICHTENFELS), *Professor of Medicine in the University of Würzburg, writes:—*

After having made a large number of experiments, extending over many years, I have been so much impressed with the excellent results of the Hunyadi János water, that in all cases where the use of bitter water is desirable, I prescribe none but this, and am convinced that its value will meet with increasing recognition in the hands of other medical men.

Professor Dr. SCANZONI (VON LICHTENFELS.)

Dr. J. MARION SIMS, *Consulting Surgeon of the Woman's Hospital, New York, Honorary Fellow of the Obstetrical Societies of London and Dublin.*

267 MADISON AVENUE, NEW YORK,  
July 1, 1876.

As a laxative, I prefer the Hunyadi János to any and every other mineral water, and for the following reasons : The dose is small ; the taste is not unpleasant ; it acts promptly ; it does not oppress the stomach ; it does not gripe ; and it is efficient.

J. MARION SIMS, M. D.

Dr. FORDYCE BARKER, *Professor of Clinical Midwifery, and Diseases of Women, Bellevue Hospital, New York.*

85 MADISON AVENUE, NEW YORK,

January 1, 1877.

I have for some time advised the use of the Hunyadi János waters as an aperient for my Gynecological patients, and I have found that it requires a less quantity ; that it is less disagreeable to the taste ; less unpleasant in its efficient action, and more certain as an aperient, than any of the waters that I have before been accustomed to prescribe.

FORDYCE BARKER.

Dr. L. A. SAYRE, *Professor and Surgeon at Bellevue Hospital, New York.*

285 FIFTH AVENUE, NEW YORK,

December 18, 1876.

I have used the Hunyadi János water in many cases of the rheumatic and gouty diathesis with very marked benefit. In cases accompanied with great obesity I prefer it to any other laxative.

LEWIS A. SAYRE, M. D.

Dr. ALFRED L. LOOMIS, *Professor of Pathology and Practice of Medicine in the Medical Department of the University of the City of New York, Visiting Physician to Bellevue Hospital.*

42 WEST 25th STREET,

June 5, 1877.

I have found the Hunyadi János Water the most prompt in its action and the most efficient of any of the aperient Mineral Waters. It is especially adapted to those persons who daily require the aid of cathartics.

ALFRED L. LOOMIS.

Dr. WILLIAM A. HAMMOND, *Professor of Diseases of the Mind and Nervous System in the University of the City of New York.*

43 WEST 54th STREET,

May 25, 1877.

The Hunyadi János Water is, according to my experience, the most pleasant and efficient of ALL purgative mineral waters, and I have no hesitation in recommending it to the medical profession.

WILLIAM A. HAMMOND.

Dr. JAMES R. WOOD, *Emeritus Professor of Surgery in Bellevue Hospital Medical College, Surgeon to Bellevue Hospital, New York.*

80 IRVING PLACE, NEW YORK,

June 11, 1877.

I have prescribed the Hunyadi János water to my patients. It is generally a certain but gentle and painless aperient. In my experience it is superior to any other bitter water.

JAMES R. WOOD.

Professor Dr. FRIEDREICH, *of Heidelberg, writes :—*

HEIDELBERG, August 21, 1874.

I testify with pleasure that, after long experience of the merits of the Hunyadi János spring, I am firmly convinced that these waters show the most excellent results in many diseases, principally those of the bowels; and they leave nothing to desire as regards certainty and mildness of action.

Professor Dr. FRIEDREICH.

Dr. VON BUHL, *Professor of Medicine in the University of Munich, says :—*

Among all known bitter waters the Hunyadi János water indisputably occupies the first position. It acts with promptitude and certainty, without inconvenience, and on an average the dose required is only half that of other bitter waters.

Professor P. SPIEGELBERG, *Director of the Obstetric Clinic in the University of Breslau, writes :—*

I willingly testify that during an extensive use of bitter waters in my practice, I have found none so prompt and at the same time mild in action, and so little productive of after disturbance, as the Hunyadi János water. None can be so well borne for a length of time. Since I have become acquainted with it I have prescribed no other.

Professor Dr. VON NUSSBAUM, *of Munich, General Staff Surgeon in the Royal Bavarian Army, says :—*

In most cases I prefer the Hunyadi János water to all other bitter waters, as being most pleasant to the patients, and producing the desired result even with very small doses.

Dr. VON GÄRTNER, *Superintendent of the Surgical Department of the Catharine Hospital in Stuttgart, says :—*

The Hunyadi János bitter water, specially rich in soluble salts, has, in the hands of the undersigned, proved superior to all other bitter waters by its very certain and painless action, even in small doses. Its remarkably soft and mild taste also recommends it.

Dr. VON GÄRTNER.

Dr. HERMANN WEBER, *Physician to the German Hospital in London, in his translation of Dr. BRAUN'S work on 'The Curative Effects of Baths and Waters,' writes, on page 359, as follows :—*

The Hunyadi János waters are, in fact, the richest bitter waters as known. Sixteen ounces contains 300 grains of solid substance, including 138 of Epsom salts and 129 of Glauber's salt, with 11 of chloride of sodium and 13 of carbonate of soda, whilst most other bitter waters do not contain any carbonate of soda. We have found these waters very useful where simple saline aperients were required.



Dr. JOHN MACPHERSON, *Inspector-General of Hospitals, author of 'The Baths and Wells of Europe,' writes as follows in the 'London Medical Record' of March 15 :*

There is a class of mineral waters which are rarely drunk at the places where they rise, but which are largely exported. They are called by the Germans 'bitter waters,' on account of the taste which they have of Epsom salts. In England we have waters of this class, for instance, at Streatham, but they are not strong enough. These waters are all aperient, and their value has long been acknowledged. Thus the true Seidlitz water (what passes under the name of 'Seidlitz powder' bears no resemblance to it) was long known in England as a fairly convenient aperient ; but its chief ingredients, about 13·54 parts of sulphate of magnesia in 1,000 parts, were not sufficient to make it quite powerful enough. Two other waters of the same class, the Friedrichshall and Püllna, were imported from Germany some years ago, and have been much used in England, being superior to the Seidlitz water ; and recently a Hungarian water, called the Hunyadi János, has been introduced, which bids fair to be the most popular of all. The chief contents of these three waters will be at once seen by a glance at this table, which shows the relative amount of their salts in 1,000 parts :—

	Friedrichshall.	Püllna.	Hunyadi.
Sulphate of Magnesia . .	5·1	12·12	16·0
„ Soda . .	6·0	16·11	15·9
Chloride of Sodium . .	7·9	—	1·3
„ Magnesium . .	3·4	—	—
Total, including all constituents . .	25·19	32·7	35
Relative proportion of Carbonic Acid, free and half combined . .	166·3	69	278·5

It is obvious that Püllna and Hunyadi are the two richest in sulphated salts, while Friedrichshall contains a considerable amount of chlorides. None of these waters contain much carbonic acid, though the Hunyadi has most, and has the advantage of containing a minute portion of carbonate of soda, amounting nearly to 1 part in the 1,000.

Of these waters the Püllna and Hunyadi are, as might be conjectured, the most active aperients.

Aperient waters of this class are used in two ways : first, as ordinary purgatives, like a dose of medicine, when they are given in full single doses ; secondly, to correct the habit of constipation, when they are given in small doses for a considerable period.

For the first purpose, on an average about half as much is required of the Hunyadi as of the Friedrichshall, and very distinctly less than of the Püllna. The water of the Hunyadi is mild, and of a comparatively pleasant taste, acts rapidly, and usually without almost any griping. It produces first soft and



then copious watery motions. It increases the secretion of bile, but is not known to alter its quality. It diminishes the amount of urea and of water, and less nitrogen is excreted from the system.

For the second purpose, that is for overcoming habitual constipation, the Friedrichshall has been the favourite in Germany. It is generally thought the least lowering, but is bulky, and not very certain in its operation. Püllna in smaller doses answers extremely well, and although its continued use is described as lowering, I have never seen any harm from its use extended over long periods. Hunyadi water may be used in the same way, and there is no doubt of its efficacy, although there is not as complete evidence of its action in these small continued as in its larger doses.

It is only thirteen years since the Hunyadi water was discovered. There are six springs close to each other near Buda, with water of almost identical composition, and these waters are mixed together to form the water which goes by the name of Hunyadi János. Its constituents do not vary in amount, as those of the Püllna are said to do.

All the first physicians of Germany have made extensive trials of the Hunyadi, and have declared that it is the most certain and the most comfortable in its action of all the aperient waters. The special indications for its use are, in costiveness (especially in that of pregnancy), in portal congestion with tendency to hæmorrhoids, and in sluggish action of the liver.

A half or a full wineglassfull of the Hunyadi water taken at bedtime produces a couple of soft motions next morning. One or two wineglassfuls, taken in the morning fasting, produce four or five motions—at first soft, afterwards watery. It is most efficacious when taken at a temperature not below 60°.

It is very evident that this convenient and sure purgative, of whose action it is so easy to limit the extent, is a very valuable addition to our remedies; such a medicine may come into play in the treatment of almost any affection. It is not surprising to learn how extended its use is in Southern Germany, and that its employment is rapidly spreading in England.

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APPROBATION DE L'ACADÉMIE DE MÉDECINE DE PARIS,  
*lue dans la séance du 17 Décembre 1872.*

Cette eau, analysée par des chimistes étrangers, est très-chargée en principes minéralisateurs : elle contient une très-forte proportion de chlorures et de sulfates. D'après le Baron de Liebig la quantité de sulphate de magnésie et de soude contenue dans l'eau Hunyadi János surpasse de beaucoup celle que l'on trouve dans les sources connues. L'eau, examinée au laboratoire de l'Académie, laisse par litre 43 grammes de résidu. Ce résidu renferme des proportions de chlore, d'acide sulfurique, de magnésie, et de soude conformes aux analyses citées.

OPINION OF THE MEDICAL STAFF OF THE GERMAN HOSPITAL AT  
DALSTON.

March, 1873.

The Hunyadi János mineral water has, generally, a more rapid and powerful effect than the Püllna water, so that a quarter of a pint was in most cases sufficient to produce a desired effect, while we had to use half a pint of Püllna water for the same purposes.

This result is not surprising, if we take into account the large quantity of sulphate of magnesia and sulphate of soda contained in the Hungarian spring.

The water is certainly to be recommended.

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The *British Medical Journal* of March 4, 1876, says :—

The Hunyadi János mineral water is an aperient water from springs at Buda, of which the most eminent German authorities speak in very high terms, and which appears to be rising in popularity in this country. The following are the latest analyses :—In 10,000 parts were found 223·500 sulphate of magnesia, 1·206 sulphate of potash, 225·514 sulphate of soda, 17·048 chloride of soda, 6·760 carbonate of soda, 7·967 carbonate of lime, 0·106 silicic acid, 0·006 oxide of iron, &c., 5·226 carbonic acid, free and half combined. Baron Liebig speaks of it as the richest water in aperient salts. Professor Virchow states that he has tried these waters on a large number of persons, with invariably good and prompt success. Spiegelberg, Friedreich, and Scanzoni, who have all used this water very extensively, speak of it as excelling all others in the evenness and mildness of its effects. Since it has been brought under our notice, we have employed it with good effect as a saline aperient. It seems to deserve the high popularity which it enjoys among eminent German authorities, and appears to us to be the most agreeable, safe, and efficacious aperient water which has been brought under our notice. Aperient medicines generally are nauseous, and the absence of disagreeable flavour in this water, together with the very light doses in which it is efficacious (less than half that of other more disagreeable waters), makes it worth the notice of the profession, and is likely to ensure its general popularity.

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The *Lancet* says :—‘It is somewhat remarkable in composition. It must be classed as one of the most powerful, if not the most powerful, of saline aperient waters. Baron Liebig affirms that its richness in aperient salts surpasses that of all other known waters.’

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THE HUNYADI JANOS MINERAL WATER

Is richer in purgative salts than any other water now imported. Of the characters and property of this water we are enabled to speak from a somewhat extended experience. The water is bright and clear, with no deposit, even after long keeping. Its taste is bitter, but not disagreeably so, and possesses nothing of that nauseous character which sometimes renders the use of purgative

waters disagreeable. Its chief characteristic is that it renders singularly sweet and pleasant the subsequent draught of ordinary water. Only a small quantity is required—not more than a wine-glassful—and this should be taken the first thing in the morning, and shortly followed by a hot draught of tea or coffee, or itself may be warmed and taken hot, with or without the addition of ordinary drinking water. It is of great use in habitual constipation, in catarrhal conditions of the bile ducts and bowels, and for congestion of the liver and other organs. One thing worthy of note we would remark—that its use does not give rise to subsequent constipation; rather the bowels remain slightly relaxed for a time. —*Medical Times and Gazette.*

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OPINION OF DR. RAWDON MACNAMARA, *Professor of Materia Medica in the Royal College of Surgeons in Ireland; Editor of the 7th Edition of NELIGAN'S 'Medicines, their Uses or Mode of Administration,' &c.*

I have submitted the Hunyadi János aperient water to a very careful chemical investigation, and have been most agreeably surprised with the result.

It is far more palatable than any other aperient mineral water hitherto introduced to public notice, and the rapidity with which it acts, producing no uneasiness or distress whatever, is really remarkable.

Comparison between the published analyses of the Hunyadi János, Püllna, and Friedrichshall waters proves the Hunyadi János water to be the richest in the sulphate of magnesia and of soda—a very remarkable fact when its far more agreeable taste is taken into consideration, but one fully accounting for its superiority as a remedial agent. In my opinion, there can be no question of the Hunyadi János being by far the most valuable of our aperient mineral waters.

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OPINION OF PROFESSOR AITKEN, F.R.S., *Professor of Pathology, Army Medical School; Author of 'The Science and Practice of Medicine.'*

I find that from one to two ounces, with about an equal quantity of warm water, is a sufficient dose as an aperient; and I also find that those who have used Püllna and Friedrichshall prefer the Hunyadi János water to either, because the bulk of the dose is less than either of those waters; and the action is less drastic, producing no distress or uneasiness. It is, moreover, less unpleasant to taste than any other aperient mineral water that I know of. I consider the Hunyadi János water a most valuable addition to this class of remedial agents.

OPINION OF DR. T. LAUDER BRUNTON, F.R.S., *Lecturer on Materia Medica at St. Bartholomew's Hospital; Examiner in Materia Medica in the University of London.*

It is now many months since I first received a circular regarding the Hunyadi János water; but I threw it aside, and gave no further heed to the matter until, during a recent visit to Vienna, I heard a mineral water, termed 'Ofner water,' more frequently prescribed than any other by physicians in the General Hospital of that city. The preference given to it was due, as I was told, to its taste being more pleasant than that of its rivals, while its efficacy as a purgative equalled or surpassed theirs.

My curiosity was excited, and I made further inquiries, from which I learned that this favourite Ofner water and my old acquaintance Hunyadi János were one and the same—the term Ofner being derived from Ofen, the German name of Buda, near which the source is situated.

The analysis of the water by Baron Liebig shows that it contains an unusual proportion of sodium and magnesium sulphates, and experience has shown me that its efficacy as a purgative corresponds to the expectations raised by its unusual chemical composition.

OPINION OF DR. F. T. ROBERTS, *Assistant-Physician, University College Hospital; Author of 'A Handbook of the Theory and Practice of Medicine.'*

The clinical inquiry which I have conducted with reference to the action of the Hunyadi János water has convinced me that it constitutes a most valuable addition to the list of aperient mineral waters at present in use. It produces its effects speedily and surely, without causing the slightest discomfort, and the gentle action which it excites seems to be kept up for some days.

I have found this water highly efficacious, not only as an ordinary aperient, but also in cases of obstinate habitual constipation.

One great recommendation is, that the taste of the Hunyadi János water is much pleasanter than that of other waters of this class, and it does not leave any disagreeable flavour behind.

My firm opinion is, that when the merits of this water are more widely known, it will be largely employed in this country.

Dr. A. SILVER, *Physician and Lecturer on Clinical Medicine and Physiology in Charing Cross Hospital.*

I have made use of the Hunyadi János mineral water ever since its introduction into this country, and with ever-increasing satisfaction.

I look upon the introduction of this water, as compared with other similar waters, as an advance almost as great as the use of these was an improvement on the employment of Glauber's or Epsom salts in their simple form.

A very small quantity of the Hunyadi János water suffices to



secure an efficient action of the bowels. This is best taken in the morning, fasting, and shortly followed by a cup of tea or coffee swallowed quite hot. Neither sickness nor griping follows: Its use in this way will be found highly beneficial by many, who, though they may be described as being in good health, yet, from a sedentary occupation or other causes, are liable from time to time to what are called bilious attacks.

Dr. BURNEY YEO, *Senior Assistant-Physician to King's College Hospital and to the Brompton Hospital for Diseases of the Chest; Author of 'Therapeutic Progress in Relation to Therapeutic Methods.'*

44 HERTFORD STREET, MAYFAIR, W.:

March 9, 1876.

I have for some time been acquainted with the valuable properties of the Hunyadi János mineral water, and my experience quite confirms the favorable opinions expressed of it by Professors Virchow and Bamberger.

It is an efficient and agreeable laxative. It is much richer in the saline aperient sulphates than the other bitter aperient waters in general use; and as it contains less chlorides, it is more applicable to those cases in which the chlorides prove irritating to the digestive organs.

It has the additional advantage of being efficient in smaller quantities.

(Signed)

I. BURNEY YEO, M.D.

PRESS OF

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